

# Weekly Newsletter

## Week 8 - Summer Day Camp

Welcome to TriVictory Summer Camp! We are excited to have you with us for the summer and think you will be pleased with the activities that we have planned.



## Aloha Friday



The following is our trip schedule. **Please remember to have your child wear his/her TriVictory t-shirt on trip day.** We also need you to sign an authorization giving your child permission to participate in our weekly, off-campus activities.

### Week #8 Fun in the Sun

	Trip Day			Trip Day	
<b>Week 1</b>	<b>June 11</b>	<b>Cincinnati Zoo</b>	<b>Week 6</b>	<b>July 16</b>	<b>Lunken Playfield</b>
<b>Week 2</b>	<b>June 18</b>	<b>Fun Factory</b>	<b>Week 7</b>	<b>July 23</b>	<b>Miami Whitewater</b>
<b>Week 3</b>	<b>June 25</b>	<b>Omni-Max/Natural History Museum</b>	<b>Week 8</b>	<b>July 30</b>	<b>Norwood Pool</b>
<b>Week 4</b>	<b>July 2</b>	<b>East Fork Lake</b>	<b>Week 9</b>	<b>August 6</b>	<b>Parky's Farm/Stones Lanes</b>
<b>Week 5</b>	<b>July 9</b>	<b>Serpentine Wall</b>	<b>Week 10</b>	<b>August 15</b>	<b>The Beach Water Park</b>

## Block the Sun, Not the FUN!

Skin cancer has reached epidemic proportions - the incidence is growing at 6 percent each year. Numerous studies in peer-reviewed medical publications such as the Journal of the American Academy of Dermatology and Archives of Dermatology reinforce the importance of sunscreen use as a necessary tool in the prevention of skin cancer. Regular use of broad spectrum sunscreens with an SPF (sun protection factor) of 15 or higher in the first 18 years of life has been projected to lower the risk of certain skin cancers by almost 80 percent.

Not only do most sunscreens protect against UVA and UVB radiation, they have also been proven to protect against solar keratosis - small, rough bumps on the skin, caused by damage from ultraviolet light (Archives of Dermatology, April 2003). Studies show that broad spectrum sunscreens containing avobenzone, zinc oxide, or titanium dioxide protect better against UVA rays than others, and consumers should look for sunscreens containing these ingredients for maximum protection.

### Contact Information:

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Electronic copy can be found at [www.trivictory.com](http://www.trivictory.com)

Many leading U.S. health organizations, including The Centers for Disease Control and Prevention, the American Academy of Dermatology, the American Cancer Society, the American Academy of Pediatrics (AAP), and the Skin Cancer Foundation, to name just a few, recommend daily use of sunscreens with at least an SPF of 15. For children, the AAP recommends SPF 30. In fact, the FDA encourages labeling on sunscreen products that indicates using sunscreens along with other protective measures may reduce the risks of skin aging, skin cancer and other harmful effects of the sun.

"There is an urgent need for education about the importance of sun safe behavior and for instruction on how to properly use sunscreens. At a time when unsafe tanning practices - such as tanning beds and "getting a base burn" - are proliferating, especially among young people, it is irresponsible to suggest that sunscreens are not protective. People need to use more sunscreen, not less, along with other sun safe practices," Schneider said. <http://www.newshaiti.com/index.php?mode=print&n=420>

### Quote of the Week

When I stand before God at the end of my life, I would hope that I would not have a single bit of talent left, and could say, "I used everything you gave me".

**Erma Bombeck**

### Reminders

1. Don't forget to pack the suntan lotion, bathing suit, flip flops, beach towel, sunglasses, etc. for the field trip this week.
2. If you want to sign up for Pre or Post camp, drop Donna a note to [trivictory@yahoo.com](mailto:trivictory@yahoo.com) by Thursday so she can update the attendance records.
3. Check the Lost and Found if your child is missing any items. It's getting towards the end of the summer and we traditionally have a lot of items that are never picked up!
4. Questions regarding camp operations should be directed to Jim at 513-702-6204. Questions about invoices, weekly payments, or changing weeks, e-mail Donna at [trivictory@yahoo.com](mailto:trivictory@yahoo.com).
5. **If you use post camp, please note that we charge \$1 per minute for every minute you are late picking up your child past 6:00 p.m. That is overtime for the camp counselors and our costs do not cover going beyond 6 p.m. If you are 30 minutes late, you will be invoiced for \$30.**

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